

Healthy Love—Behavior Change Logic Model

Problem Statement: African American women are disproportionately affected by HIV/AIDS in the United States. Given that more than half of all new HIV infections occur among African Americans, women in this community have an increased risk for HIV and STDs if they: 1) engage in unprotected sex, 2) have multiple sex partners, and/or 3) are unaware of their HIV/STD status or that of their partner. Further, African American women's risk for HIV is intensified by their experiences with sexism, racism, classism, violence, and socioeconomic barriers that further marginalize this population and hinder protective behaviors.

Healthy Love is a single-session, group-level intervention for African American women, 18 years old or older, who are not pregnant or planning on becoming pregnant during the next 6 months. *Healthy Love* aims to increase participants' HIV/AIDS and STD knowledge, positive attitudes toward sex/sexuality, risk perception, condom use/negotiation skills, and self-efficacy to increase safer sex or protective behaviors for HIV/AIDS and STD prevention.

Behavioral Determinants (BD) Correspond to HIV/STD risk behaviors in this population	Activities (A) To address behavioral determinants	Outcomes Expected changes as a result of activities targeting behavioral determinants	
		Immediate (IO)	Intermediate
<ol style="list-style-type: none"> 1. Attitudes regarding sex and sexuality, STD, HIV/AIDS, condom use, and HIV testing 2. Knowledge of HIV/AIDS and STD transmission and prevention; HIV testing options; male and female condoms; dental dams, finger cots, and personal lubricants; and effective condom negotiation 3. Personal risk assessment for contracting HIV and awareness of prevalence of HIV/AIDS among African Americans and African American women 4. Belief in ability to engage in self-protective behaviors (self-efficacy) 	<ol style="list-style-type: none"> 1. Icebreaker conducted to increase comfort when discussing sex and sexuality (BD-1) 2. Discuss effects of synonyms commonly used to describe penis, vagina, penetrative sex, oral sex, and masturbation (BD-1) 3. Provide basic information about HIV/AIDS (BD-2) 4. Provide basic information about STDs (BD-2) 5. Dispel myths about HIV and AIDS in the African American community (BD-1, 2) 	<ol style="list-style-type: none"> 1. Increased comfort level talking about HIV/AIDS, STDs, sex, and sexuality with peers and sexual partners (A-1-4) 2. Acknowledge attitudes and beliefs about words related to sex and sexuality (A-1, 2) 3. Increased knowledge of HIV/AIDS and STDs (A-3-5) 4. Increased knowledge of HIV testing options and significance of possible results (A-3, 5, 6) 	<ol style="list-style-type: none"> 1. Increased condom use during vaginal, oral, and/or anal sex with male partners (IO-1-8) 2. Increased use of dental dams or condoms for oral sex (IO-1-8) 3. Sexual abstinence (IO-3-5, 7-8) 4. Reduced number of sex partners (IO-1-8) 5. Increased HIV testing and receipt of test results (IO-4-6)

Healthy Love—Behavior Change Logic Model (continued)

Behavioral Determinants (BD) Correspond to HIV/STD risk behaviors in this population	Activities (A) To address behavioral determinants	Outcomes Expected changes as a result of activities targeting behavioral determinants	
		Immediate (IO)	Intermediate
5. Skills for correct male and female condom use, use of condoms and dental dams for oral sex, use of finger cots and personal lubricants, and condom negotiation	6. Information about types of HIV tests and significance of possible results is provided (BD–2) 7. Participants assess their personal risk of acquiring HIV and STDs (BD–3) 8. Facilitator demonstrates and participants practice correct application of male condoms (BD–4, 5) 9. Participants practice applying a male condom on penis models while under pressure (BD–4, 5) 10. Facilitator demonstrates and participants practice correct female condom application (BD–4, 5) 11. Discuss use of male and female condoms, dental dams, finger cots, and personal lubricants, as well as discuss, model, and practice condom negotiation (BD–4, 5) 12. Participants demonstrate their knowledge of HIV transmission by categorizing various behaviors into levels of risk for transmitting HIV (BD–3, 4, 5)	5. Increased knowledge of impact of HIV among African Americans and African American women (A–5–7) 6. Increased safer sex knowledge in areas, such as male and female condoms, dental dams, finger cots, personal lubricants, and condom negotiation strategies (A–8–11) 7. Increased awareness of personal risk for HIV and other STDs based on past and current behavior (A–3–7, 12) 8. Increased skills and self-efficacy for: <ul style="list-style-type: none"> a. Assessing personal sexual risk behaviors for STD and HIV b. Correct male and female condom application c. Use of protective barriers for safer oral sex d. Condom negotiation (A–8–12) 	

BD = Behavioral Determinants; A = Activities; and IO = Immediate Outcomes